

## Global Learning Semesters

### Course Syllabus

Course: PSY-540 Techniques of Counseling & Psychotherapy II

Department: Social Sciences

Host Institution: University of Nicosia, Nicosia, Cyprus



Course Summary		
Course Code	Course Title	Recommended Credit Hours
PSY-540	Techniques of Counseling & Psychotherapy II	3
Semester Offered	Contact Hours	Prerequisites
Please contact us	42-45	Graduate Standing
Department	Level of Course	Language of Instruction
Social Sciences	Upper Division	English

### Course Description

In this course students review the fundamental skills of therapeutic relationships and learn all kinds of therapeutic strategies, professional issues such as confidentiality, ethics and consultation are also covered.

### Prerequisites

Graduate Standing

### Topic Areas

1. Analytical psychotherapy, body psychotherapy, psychodrama, meditation.
2. Jungian concepts being accepted in wider context, modern trends in psychotherapy.
3. Gestalt and transactional therapy-two techniques applied in a variety of contexts.
4. Psychoanalysis and cognitive therapy. Back to basics Cognitive therapy and its roots. Can we bridge the two?
5. Rational – emotive therapy. The role of cognition and responsibility of a client in changing his way of perceiving himself and others.
6. Adlerian ideas from psychoanalysis to family dynamics.
7. Behavior therapy and multimodal therapy.
8. The humanitarian perspective in focus, person-centered therapy and existential psychotherapy.

### Readings and Resources

#### Required Textbook

- Raymond J Corsini, Danny Wedding Current Psychotherapies, 4<sup>th</sup> edition, 1989, Peacock Pub.